

Locust

- Separate feet so legs are hip-width apart
- Inhale and lift chest, ribs, thighs and feet off floor
- Bring arms behind you and clasp hands together, keeping pelvis on ground

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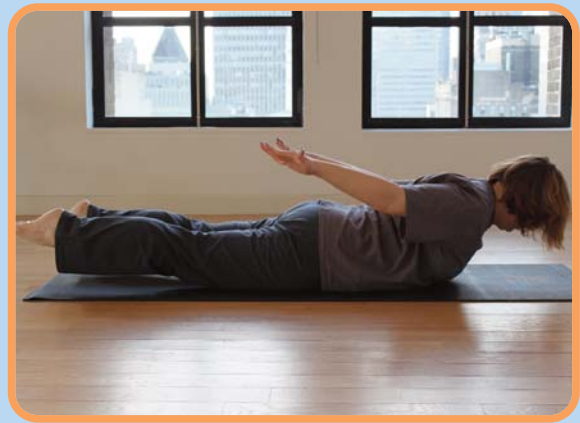
- Lift chest, ribs, thighs and feet slightly off floor
- Bring arms behind you in a parallel line without clasping hands together

VARIATION: COBRA

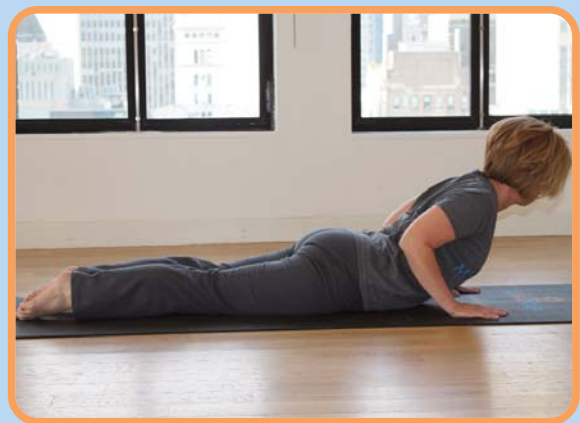
- Use Cobra pose as an alternate variation to Locust
- Keep tops of feet on floor
- Spread hands on floor under shoulders, keeping elbows tucked next to body
- Straighten arms to lift chest off the floor
- Find height that feels most comfortable to you and hold for 10-15 seconds



LOCUST



MODIFIED



VARIATION: COBRA